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Resilience in female adolescence in Taiwan

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Adolescence is one of the most complex transitions in his/her life span. Severe anxiety was derived from the conflict. With protector factors female adolescents facilitate their capability for coping and solving problems. Resiliency is the ability of the people to maintain health function under the stress environment or an unhealthy situation. The purpose of the study was to understand the correlation among health status, life-pattern, quality of life, depression and resiliency with the female adolescents and to find the predictors of resiliency. Using the instruments including the Duke Health Profile, the Center for Epidemiological Studies Depression Scales, Quality of Life Index-Self- Assessment and the Adolescent Resilience Screening Instrument assessed 269 of the female adolescents, age in 13 to 19 years old. The sampling was selected from the primary school, high school, vocational high school and dropping out of school. The result was to find the predictors of resiliency that was anxiety and social health. There was a negative or positive relationship among depression, resiliency. These results could be as the reference for the supporting group to arrange the anxiety relaxing or enforce the adaptability for the adolescents.

Biography

Jih-Yuan Chen completed her PhD in Nursing at the University of San Diego, USA. She has been an Associate Professor at Kaohsiung Medical University, School of Nursing, since 1984. He has presented papers at international conference and published more than 25 papers in reputed journals and has been serving as an Editorial Board Member of repute and Member of Reviewer for several journals.

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